

ABSTRACT OF THE DISCLOSURE:

A mechanical apparatus comprising a ~~base-structure~~ frame covered with a motionless cushion for supporting the user's body while its wrist or ankle is engaged to a belt attached to a steel cable which is arranged so as to be pulled in the desired direction for making different exercises on the ground.

ABSTRACT OF THE DISCLOSURE:

A mechanical apparatus comprising a frame covered with a motionless cushion for supporting the user's body while its wrist or ankle is engaged to a belt attached to a steel cable which is arranged so as to be pulled in the desired direction for making different exercises on the ground.